



Alzheimer Society
HASTINGS - PRINCE EDWARD



MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society of Hastings-Prince Edward to offer

Memory Café

Are you worried about your memory and eager to learn ways to boost your brain. Do you have early stage dementia? Join us while we discuss brain health, practise brain boost strategies and gentle

**ALL WELCOME
PLEASE JOIN US**

Gentle Movement

May 25th, 2017

2:00 - 3:30pm

**Teaching Lodge
at the Community
Wellbeing Centre**

50 Meadow drive,
Deseronto



Refreshments provided

Transportation available

To register for the event or if you require transportation please contact:

Hannah Hill [613-967-3603](tel:613-967-3603) ext #166

Will run the last Thursday of every month